

D5 4-H FOOD CHALLENGE SCORECARD – PRESENTATION

Team Name: _____ Age Division: _____

Team Members: _____ County: _____

Entry Category: _____ Appetizer _____ Main Dish _____ Side Dish _____ Healthy Snack

Team Presentation	Comments	Points	Score
<i>Knowledge of MyPlate:</i>			
Serving sizes and examples of each group in MyPlate		4	
Told how MyPlate represented in dish prepared		3	
Team shared healthy lifestyle choices based on dietary guidelines		2	
<i>Nutrition Knowledge:</i>			
Knows key nutrition in prepared dish		6	
Function of nutrients		5	
Healthy substitutions		4	
<i>Food Preparation:</i>			
Listed & explained steps in how dish was prepared		4	
Explained function of ingredients in dish		4	
<i>Safety Concerns and Practices:</i>			
Explained food safety according to Fight BAC		5	
<i>Serving Size Information:</i>			
Demonstrated knowledge of serving size for prepared dish		4	
Shared estimated cost of the prepared dish and individual serving		2	
<i>Food Appearance/Quality:</i>			
Food is appealing and appetizing		3	
Appeared to be cooked properly		2	
Attractive and appropriate garnish		3	
<i>Creativity:</i>			
Used ingredients in a creative way		5	
Incorporated pantry items into dish or garnish		3	
<i>Effectiveness of Communication:</i>			
Displayed effective communication skills		6	
Poise and personal appearance		4	
<i>Questions:</i>			
Accurately and appropriately answered questions		6	
<i>Additional Comments:</i>		Total Points (75)	

D5 4-H FOOD CHALLENGE SCORECARD – PREPARATION

Team Name: _____ Age Division: _____

Team Members: _____ County: _____

Entry Category: _____ Appetizer _____ Main Dish _____ Side Dish _____ Healthy Snack

Team Observation	Comments	Points	Score
<i>Teamwork:</i>			
Effective use of communication among team members		2	
Each team member played a key role in the preparation phase, whether cooking or preparing presentation		3	
<i>Safety Concerns & Practices</i>			
Exhibited knowledge of how to use equipment safely (heat, utensils, sharps, etc.)		3	
Handled ingredients appropriately to avoid cross contamination		3	
Personal Hygiene (hair, nails, jewelry, etc.)		3	
<i>Preparation:</i>			
Practiced correct cooking procedures based upon ingredients provided		3	
Completed tasks efficiently and in a logical order		2	
<i>Management:</i>			
Used workspace efficiently		2	
Effective use of time		2	
Preparation table was clean at the conclusion of the preparation period		2	
Additional Comments: (based on observation)		Total Points (25)	